

# Beef & Potatoes

**Makes:** 7 Servings

## Ingredients

**3/4 pound** ground beef (85% lean)

**1 cup** water

**5 1/2** medium potatoes, peeled and thinly sliced (5-6 potatoes)

**9 Servings** [Eating Smart Seasoning Mix](#)

salt (to taste, optional)

## Directions

- 1) Brown 3/4 pound beef in a large skillet, drain the fat.
- 2) Add water, potatoes, and seasoning mix. Stir.
- 3) Bring to a boil, reduce heat to low and simmer covered for 20-30 minutes or until potatoes are tender.
- 4) Uncover and cook until excess water is evaporated.
- 5) Taste; then add a small amount of salt, if needed.
- 6) Refrigerate leftovers.

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